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April 2 thru April 16, 2013

Please help support the
temple & its many
programs.

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Hartford Street Zen Center
is a 501(c)(3) nonprofit
organization.
Donations are
tax-deductible.

Schedule:

Monday - Friday

6:00 am Zazen (seated meditation)
6:40 am Kinhin (walking meditation)
6:50 am Zazen
7:20 am Chanting



Keisei – Sanshiki, Shobogenzo

The voices of the River-Valley & the form of the Mountains. Master
Dogen Zenji:

In the supreme state of bodhi, Buddhist Ancestors* who transmitted the truth & received the behavior have been many, & examples of past ancestors who reduced their bones to powder cannot be denied. Learn from the Ancestor* who cut off his arm, & do not differ by a hair's breadth [from the bodhisattva who] covered the mud. When we each get rid of our husk, we are not restricted by former views & understanding, & things which have for vast kalpas been unclear suddenly appear before us. In the here & now of such a moment, the self does not recognize it, no-one else is conscious of it, you do not expect it, & even the eyes of Buddha do not glimpse it. How could the human intellect fathom it?

* replacing originally *Patriarch* with *Ancestor* in this newsletter publication

Tr. -- Gudo Nishijima & Chodo Cross

7:40 am Soji (brief temple cleaning)

6:00 pm Zazen

6:40 pm Chanting

Saturday

6:30 am Zazen

7:10 am Chanting

7:25 am Soji

8:30 am Drop-in instruction

9:25 am Zazen

10:15 am Dharma Talk

11:00 am Refreshments/Social

Hartford Street Zen Center is a Castro neighborhood temple & residential practice center in the Soto Zen tradition of Shunryu Suzuki Roshi established to support the Queer Community.

Upcoming Events:

Sewing Abbot's Robe (with Tim Wicks for the Mountain Seat Ceremony, Oct 13th!) - Apr 6, Apr 20, May 4 @noon

Dharma Talks - [Rev. Myo Lahey](#) Saturdays: April 6, April 20, April 27, May 4 @10:15am

Guest Speakers - April 13 - [Ayya Santacitta](#) & [Sister Jayati](#): Saturday @10:15am

Full Moon Ceremony - Saturday April 27 @11am

Buddha's Birthday Celebration - Saturday May 4th (More of a Chinese date used this year!) @11am

Sangha Council - Spend time with the Sangha discussing any Sangha topics - Sat. May 11 @12:30pm

Founder's Memorial - Issan's Memorial is generally on the 6th of the month, & the memorial for Philip Whalen is generally on the 26th @ 6:40pm

Study Hour The Book of Serenity, we have books to share so feel free to drop in - Thursdays @7:30pm

Next Board of Director's Meeting - Wed, April 10 @7:30pm (all are welcome to attend & observe)



elder Daiko David Bullock 'dusting "the red dust" from the young Daiko David, revealing Buddha' Photoshoped photo. Original photo from Dr. Larry P. featuring Amitābha Buddha where we inserted younger David, standing on the lotus seat.

Deep Bows to Daiko David Bullock-

This bi-weekly newsletter issue we would like to take a moment to offer multiple bows to Daiko David Bullock. From his early days of studying under Issan (now being an onsite historian & culture carrier), to his decades of loving care for our garden, a slight kept secret jewel of Hartford Street ZC -- including recently hiring & orchestrating a large refuse hauling & disposing effort, to his culinary skills during the Maitri hospice days, building repairs, upkeep & even making sure our alters have fresh flower offerings. His work of seen & unseen (never boasted or even mentioned) actions as a Priest & Sangha member at our temple in ceremonies, Doan, Board of Director & many other work efforts is both the grease & the wheels that keeps us up, running, the temple alive & growing. He helps with gentle, steady & loving hands in a quiet & considerate selfless approach carrying with him his great sense of humor, temperance & compassion. We want to make several bows to all of David's many years of contributions to our Temple, Sangha, past, present & future & express our gratitude for continuing to be a good example of deep practice & study of the way & express our love & appreciation for him as part of our small but tightly intertwined, deeply rooted, family.

Thank you Daiko David Bullock!

HIV Meditation Sitting

From the HSZC Garden-

Group

weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

Thursdays & Fridays

10:30 am zazen

11:00 am socializing

Meditation in Recovery

(Women-only)

monthly meditation group for women in recovery from addiction First Thursdays

7:15 pm - 8:45 pm

Meditation in Recovery

(Men & Women)

weekly meditation group for men &

*Bamboo Island & the memorial corner are still accepting donations! To pay back matched donations for professional help for the recently trimmed bamboo & build towards a quiet, contemplative place to remember & honor those who passed at HSZC & Maitri... Please give Jen all donations or donate on our website using pay pal & note "for Bamboo/Garden donation"; suggested \$5 -\$20 or any other amount graciously accepted! In blooming news: Spring equinox has passed & we the flowers of the garden are preparing for our performances throughout the year enjoying more warm sunlit hours & less chilly temperatures & having watched our old friend bamboo be dug up in large portion, we're laying low & watching our for Jen's dangerous h&s & digging tools. If we had feet we would run from her!

Words From Our Residential Practitioners -

We need a good quality Zen roommate, Student or Zen Priest who gets along well with the Resident & Non-Resident Sangha of HSZC & who is ready to dive into this practice full force. Each person we add to the small temple mix impacts the tone of HSZC so were looking for a great Gal or Guy! Visit here to see more detail & spread the word to folks we know especially those in the Zen or wider Buddhist Community, please! Additionally we will have a sublet space available for May through July while one of our resident sangha students studies at Tassajara for a spell.

SAFETY ALERT! The media seems to be portraying that the difficult financial period we have been enduring since roughly 2008 is coming to a close, "spending, profits & employment is up, way up" they state. While we appreciate this optimistic way of expressing the state of the world; what we experience may be not be exactly in-line with this. In our expensive cost of living, small feeling but densely populated city we have a lot of people who are having a tough time making ends meet.

In tough times individuals can be pushed towards desperate measures. This includes violations of the precepts we hold so dear.

In the past month we have had two alarming incidents. We had a smaller framed, female Sangha member followed for multiple blocks when heading to our temple in the early morning hours & we have had someone mugged on our block leaving our temple. At this point these are no longer isolated, random incidents & require our steadfast attention. The board will be discussing safety measures, options & were looking into adding more lights with motion sensors to reduce the ideal darkness for such terrible actions to occur outside our doors. We would also like to urge everyone as the Castro Patrol has in recent years to add a nice & loud whistle to their keychain. Lets also buddy up and walk each other places when we can! Especially when it's dark...

One positive note in the case of the individual who was followed, was that she found a Bodhisattva at our local Starbucks who insisted despite her not accepting initially, to walk her home thus chasing off the individual who was following her. We would like to extend our deepest gratitude to Patrick employee of the Starbucks on 18th between Hartford St & Castro St for his help! When you next buy a coffee there or drop a comment card, please be sure to thank him for his compassionate & helpful action & for insisting on the help!

Ascending the Mountain -

The Okesa (Kesa) is still being sewn & looking more & more like a full garment. The board has approved the selected

October 13th of 2013 date that worked for Tenshin Reb Anderson! Mark your calendars! This will be the date of the Mountain Seat Ceremony at HSZC, occurring for the first time in over a decade! Please, if you have skills in Zen sewing techniques & want to have stitches in the HSZC Okesa, swing by during our sewing Saturdays!

Words from our Practice Leader

women in recovery from addiction

Fridays, 7:30 pm - 9 pm

“Sitting in stillness, breathing deeply, & evenly, & gently; welcoming life in all its’ ebbs & flows quite naturally the body-mind settles itself.

This is sort of a nutshell description of you might say Buddhas recommend we respond to the restless karmic currents of our life. And I think experience has shown this is quite good for us, quite, quite helpful. Humans of course are inveterate fiddlers; that is not that we play the fiddle although some of us do, but we tend to fiddle with everything (you know). So we also try to fiddle with our practice & even though the instructions are pretty succinct & simple it's very hard to resist, & we get in there & kinda, 'seeing if we can, twist the knobs in some way to make it a little more something, right? Or a little less something. So part of the path of practice is learning how we don't really need to respond to those impulses, because those are more in the category of what we call [Sankhāra...](#)"
(Dharma talk Feb 25, 2013 Valley Streams Sangha, Rev Myo Lahey)

Hartford Street ZC History -

From the Buddhist Peace Fellowship Newsletter Spring 1988, by Tensho David Schneider:

"Issan finds himself Teacher-in-Residence at the Hartford Street Zen Center-a thriving meditation center in San Francisco's Castro district. He is also fiercely intent on opening a hospice for AIDS patients in the building next door, the first Buddhist hospice in America & only the second residential hospice in all of San Francisco, a city known internationally for its progressive attitudes & programs for AIDS patients. In both these endeavors his 'don't-know' attitude serves him well, keeping him flexible & open to unlikely connections, & protecting him from the forbidding problems inherent in operating either a meditation center or a hospice.

Granted, there are lots of meditation groups in the United States & the world, but none of the others is quite like Hartford Street From the beginning, practitioners there had a strong sense of their historical importance & chronicled events carefully."

Sangha Member Musing -- Just One Man's Take -- Feb 1, 2011 a-san

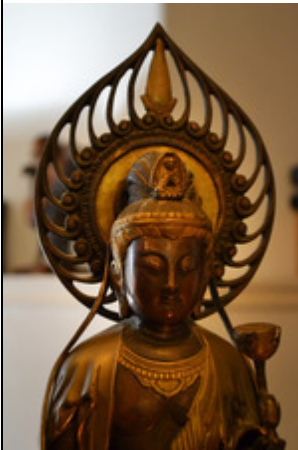
Here's the deal
& it's for real
HIVers got this drill

Gotta pop, pop, pop the pill
Best have a doc to help you decide
Cuz the drugs ain't easy & that's no lie
You got inhibitors – not a bad term
Docs say, "Could get a good turn!"

And what about entry? And those that mature?
Several PIs real tough to endure

Some are just "non" & some are "reverse"
Hold the phone now – does that make it worse?

Hey, be a diva & try sustiva



Your head be explodin'
As your dreams are erodin'

No Razzmatazz for Reyataz
Stones of the kidney type
But, why no hype?

Cuz Crixivan's got market on stones
& more moans & groans
Just look at the havoc it wreaks --
Did you see those hollow cheeks?
Top of back all pumped?
Shit man, that's buffalo hump
Plus legs & arms like sticks
Rather be dead than take those licks?

Epzicom -- yeh, that you could try
Careful with fevers & rash
Because you could die

You could put Kaletra in your mix
Decide it's just your bag of tricks
But beware a heart that's weak
With cholesterol at its peak

Yep, this just the surface of possibilities
With all the drugs & all their nasties
Whaddaya take to stay off your back?
Cocktail, what? Cut me some slack

What happens when you don't adhere?
Are you willin' to risk bucking your fear?

Have you made a dent
with all your treatment?
Did you keep it all straight?
Pass it on to your mate?

Questions still many
Answers -- a few
But gotta be thankful
It's not '82.

DIRECTIONS: Located between 17th & 18th Street on Hartford Street, between Castro & Noe St., one block from the Castro MUNI Station, the MUNI 33 & 24 bus as well as the MUNI - F line

Practice Leader, Hartford Street Zen Center (HSZC) --- Reverend Myo Lahey



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**Visit us online at
HSZC.org**

check out our community events page
for more events!

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Please submit stories, reflections, personal news, artwork & photography for future newsletters to tetsugen.keido@yahoo.com .

May this newsletter find you well & filled with equanimity! _/_